

Kheer Recipe (Rice Kheer)

The only ultimate rice kheer recipe you will ever need! Make this Indian rice pudding in a regular pot or instant pot, it turns out super delicious, creamy and aromatic. This makes a great dessert for any occasion. Serve warm or chilled.



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Prep Time	Cook Time	Total Time
10 mins	45 mins	55 mins

Servings: 4 people Author: [Swasthi](#)

Ingredients

- 4 cups (1 liter) whole milk/ full fat (for instant pot 2½ cups milk) (refer notes)
- ¼ cup water (prevents burning)
- ¼ cup (50 grams) rice (basmati or any rice, or use ⅓ cup to cut down the cook time)
- 4 to 6 tablespoons (50 to 65 grams) organic sugar (4 tbsps for moderate sweetness)
- ½ teaspoon cardamom powder (or about 2 to 3 pods powdered)
- ¼ cup unsalted nuts - cashews, pistachios - roughly chopped or use silvered almonds
- 2 tablespoons sweet raisins (optional)

Optional

- 1 tablespoon [ghee](#) optional to fry nuts & raisins
- 1 pinch saffron or 1 tsp edible rose water or few drops of kewra water

Instructions

How to Make Kheer

1. Wash rice a few times & drain completely.
2. Pour water and milk to a heavy bottom pot or Dutch oven. Bring it to a boil on a medium heat and stir in the rice.

3. Continue to cook on a medium to low heat, until the rice is soft, completely cooked and lightly mushy. It takes about 25 to 30 mins. During this step, keep stirring every 3 minutes to prevent the milk getting scorched at the bottom.
4. Stir in the sugar and continue to cook until it turns thicker but is yet of flowy consistency. It takes about 10 mins. (Note: becomes thicker upon cooling down)
5. Taste test, if you want add more sugar & simmer for another 5 mins (if you add more). Stir in cardamom powder, saffron (optional) rose water and chopped nuts.
6. Optional: If you prefer ghee in your rice kheer, heat ghee in a small pan and fry the nuts until light golden. Stir in the raisins & fry until plump. Pour that over the kheer.

Instant pot Rice Kheer

1. Press the saute button. Optional – add ghee to the inner pot of the Instant pot. Fry the cashews until light golden. Add raisins and fry for 30 seconds. Remove to a plate.
2. Pour water (to avoid burn) and milk. Stir in rice and sugar. Secure the lid of the instant pot. Position the steam release handle to sealing. Press the porridge button.
3. Set the timer to 18 mins. When it is done press cancel & switch off. Wait for the pressure to release naturally.
4. When the float valve drops, open the lid and stir in cardamom powder & rose water.
5. Rice kheer will be runny at this stage. For a thicker consistency cook on saute mode for a few mins until thick. It will thicken further after cooling.
6. Transfer kheer to serving bowls & garnish with nuts & raisins. You can also chill the rice kheer and serve.

Nutrition

Calories: 307kcal | Carbohydrates: 40g | Protein: 10g | Fat: 12g | Saturated Fat: 4g | Cholesterol: 24mg | Sodium: 105mg | Potassium: 420mg | Fiber:

1g | Sugar: 29g | Vitamin A: 410IU | Vitamin C: 0.4mg | Calcium: 300mg |
Iron: 0.6mg

Kheer Recipe (Rice Kheer) <https://www.indianhealthyrecipes.com/rice-kheer-recipe-chawal-ki-kheer/>

